



## 2005 ARMED FORCES MEN'S AND WOMEN'S TRIATHLON CHAMPIONSHIP

1. **COMPETITION RULES:** Current USA Triathlon Rules, as amended by the Armed Forces Sports Committee (AFSC), if applicable.
2. **COURSE DISTANCES:** Olympic Distance: 1500M swim; 40K bike; and 10k run.
3. **SCORING:** Team standings are determined by adding the raw times of the top eight male finishers, and the top four female finishers from each team. The team with the lowest total time wins. Team points and awards are only awarded to official service team members.
4. **UNIFORMS:** Advertising is not allowed on service competition uniforms.

6. **SCHEDULE OF EVENTS:**

Day One		Teams Arrive
Day Two	1200	Team Photo
	1400	Course Review/Rules Meeting
	1730	Informal Banquet/Ice-Breaker
Day Three	1000-1200	Bike Repair/Assistance
Day Four	0800	Opening Ceremony
	0900	Competition Commences
	1300	Awards Ceremony
Day Five		Teams Depart

Note: Times and dates of events may change as determined by the competition organizers.

7. **TEAM STANDINGS:** See paragraph 3.

## **8. AWARDS:**

- a. Individual: Awards are given to the top three finishers in the men's and women's divisions.
- b. Team Award: Individuals awards are given to each member of the first place team (to include the OIC).

## **9. TEAM COMPOSITION - ARMED FORCES CHAMPIONSHIP:** Team points and awards will only be awarded to official Service Team members. Roster not to exceed 19 individuals:

- 12 Men
- 6 Women
- 1 OIC

Note: The Host project Officer is authorized to open the Armed Forces Triathlon Championship to other military members and civilians (as course conditions allow). Only official Service team members are considered for higher level competition. The Host installation is responsible for coordinating housing, transportation and messing for official service teams. Only official Service team members, host staff, Service Representatives and select VIP's are authorized to attend the Informal Banquet/Ice-Breaker.

## **10. TEAM COMPOSITION - CISM:** As follows or as dictated by host country invitation:

- 6 Men Competitors
- 6 Women Competitors
- 1 Certified Athletic Trainer
- 1 International referee
- 1 Technical Committee Member
- 1 Team Captain
- 1 Chief of Mission
- TOTAL: 17